

Adult 50+

Centennial Recreation Senior Center

The Centennial Recreation Senior Center provides comprehensive programs and services to older adults 50+ who live in the South County. Offering a "one-stop-shop", the Senior Center offers fitness programs, opportunities for lifelong learning, enrichment programs and social services. Everyone is welcome!

The Senior Center is funded through partnerships with the YMCA, City of Morgan Hill, County of Santa Clara, Arthritis Foundation, Friends of the Morgan Hill Senior Center and generous contributions from the community. While it is not a requirement, we ask that those individuals who participate in the program and service offerings at the Senior Center help to support the sustainability of these valuable programs by becoming a Centennial Recreation Senior Center Sustaining Member for \$24 per year. For more information, contact the Senior Center Welcome Desk at 408.782-1284.

"A place where older adults thrive as members of a community created for all ages."

171 W. Edmundson Avenue
Morgan Hill, CA 95037
408.782.1284

Hours of Operation:

Monday – Friday 8am-3pm



www.facebook.com/morganhillseniors



MORGAN HILL SENIOR CAFÉ

The Morgan Hill Senior Café offers delicious weekday lunches to seniors. Seniors who are 60+ are asked to pay a \$2.50 donation. Individuals who are under 60 pay \$5.00.

Lunches are served at noon Monday through Friday. Reservations must be made by 11:30am

Location: Centennial Recreation Senior Center, Multipurpose Room

THE DAILY GRIND

Start the morning right with a cup of coffee and pastries in our comfortable lobby. Sip your coffee, read the newspaper, watch TV, play cards, or just relax and chat.

Location: Centennial Recreation Senior Center, Lobby

Date	Day	Time	Age
Ongoing	M-F	8am-3pm	50+
Drop-in: \$0.25 per cup			

Adult 50+

Arts, Crafts and More

WATERCOLOR

Do you have paints, brushes and paper but don't know what to do next? This watercolor class is to help watercolorists reach that higher level of passion for the art of watercolor. This course is designed for students who have already taken a basic watercolor class. In this class you will build on previous skills and learn additional tips on how to handle this exceptional medium. Demonstrations and practical exercises will focus on shadows, composition, color, texture and how to accomplish a quick, loose-style watercolor, pushing the artist to do things that they would dare not do on their own. Subject matter will include flowers, landscapes, animals, and still-lives. If you have a passion for watercolor and want to learn more, this class is for you.

Instructor: Jeff Yasenchok

Location: Centennial Recreation Senior Center, Multipurpose Room

Date	Day	Time	Age
Ongoing	M	1pm-4pm	50+

Drop-In: \$4

Please provide your own materials.

SCRAPBOOKING AND CROPPING

Are your photos in boxes and needing to be organized? Join other scrapbookers and exchange ideas while creating albums that reflect your favorite memories.

Location: Centennial Recreation Senior Center, Activity Room 2

Date	Day	Time	Age
Ongoing	Th	9:30am-12pm	50+

Drop-in: \$2

Please provide your own materials.

KNITTING AND STITCHERY

Do you enjoy the lovely art of needlework? Now is your chance to knit and stitch with others who love this art! Learn the different types of knitting stitches and how to read a pattern to create a beautiful piece of work. Already know how to knit? Enjoy other types of needlework? Bring your craft and come and share ideas with everyone! Men are welcome!

Instructor: Rebecca Lister

Location: Centennial Recreation Senior Center, Activity Room 2

Date	Day	Time	Age
Ongoing	Th	10am-11am	50+

Drop-in: \$2

ROTATING ART EXHIBIT

Come walk through the halls of the Senior Center and enjoy the talents of our local community artists.



Fitness

ARTHRITIS FOUNDATION EXERCISE PROGRAM

This exercise program is designed specifically for people with arthritis and uses gentle activities to help increase joint flexibility and range of motion, as well as muscle strength. Class instructors undergo special Arthritis Foundation instructor-training to conduct classes. Participants previously enrolled in the program have experienced such benefits as increased functional ability, decreased pain and decreased depression.

Instructors: Mary Dunn and Specially Trained Volunteers

Location: Centennial Recreation Senior Center

Date	Day	Time	Age
Ongoing	T/F	10am-11am	50+

Fee: \$2/Free for CRC Members

Location: Wheeler Manor (Gilroy), 651 W. 6th Street

Date	Day	Time	Age
Ongoing	M/W	1:30 pm-2:30pm	50+

Free

AQUATIC FITNESS CLASSES

See page 10 for class information.

Adult 50+

CHAIR YOGA

A gentle yoga class that focuses on breath awareness, stretching, strengthening and meditation while using the chair to either sit in or stand next to while enjoying the benefits of yoga.

Instructor: Kim Englehardt

Location: Centennial Recreation Senior Center, Activity Room 1

Date	Day	Time	Age
Ongoing	T	10:30am-11:30am	50+

Resident: \$7 / CRC Member: Free

Non Resident: \$9 / CRC Member: Free

50+ PILATES

This is a mat-based workout, specially designed for the older adult, which will strengthen and lengthen your muscles, help improve posture, enhance stability, increase core muscle strength, and improve flexibility.

Instructor: Mary Dunn

Location: Centennial Recreation Center, Activity Room 1

Date	Day	Time	Age
Ongoing	M	10am-11am	50+
Ongoing	Th	2:15pm-3:15 pm	50+

Resident: \$7 / CRC Member: Free

Non Resident: \$9 / CRC Member: Free

50+ YOGA

A class designed for 50+ adults that focuses on stretching, breath awareness and meditation.

Instructor: Yvette Doublet-Weislak

Location: Centennial Recreation Senior Center, Activity Room 1

Date	Day	Time	Age
Ongoing	Th	10:15am – 11:15am	50+

Resident: \$7 / CRC Member: Free

Non Resident: \$9 / CRC Member: Free

50+ FUNCTIONAL FITNESS

This group exercise class provides a supportive and safe environment to help increase one's strength, flexibility and balance. This class is taught by our fitness specialists with an expertise in working with active older adults. Instruments that will help participants maintain and increase strength, flexibility and balance include chairs, lightweight handheld dumb bells, resistance tubing and stability balls. Balance exercises may also include extensions of legs from chairs or performing wall squats with the use of a stability ball.

Instructor: Mary Dunn

Location: Centennial Recreation Center, Aerobics Room

Date	Day	Time	Age
Ongoing	M/W/F	1pm-2pm	50+

Resident: \$7/CRC Member: Free

Non Resident: \$9/CRC Member: Free

50+ INDOOR WALKING

Enjoy the benefits of walking at your own pace in an indoor temperature controlled environment.

Instructor: CRC staff

Location: Centennial Recreation Center, Gymnasium

Contact the Senior Center for scheduled days and times.

Drop-in: Free

50+ OUTDOOR WALKING GROUP

Discover the beautiful outdoors of Morgan Hill while walking at a moderate pace with fellow walkers. Average walk is 2-3 miles.

Facilitated by CRC Volunteers

Location: Centennial Recreation Senior Center, Senior Center Lobby

Date	Day	Time	Age
Ongoing	M/W/F	8:30am-9am	50+

Drop-in: Free

SENIOR AEROBICS

Improve your strength, balance, flexibility, and cardio vascular system with this fun non-impact exercise program. Lively music encourages vigorous group participation, but each person works in his or her own target heart range. Low-impact aerobics is a particularly good way for beginners to get started in an exercise program.

Instructor: Marilyn Host

Location: Centennial Recreation Senior Center, Gymnasium

Date	Day	Time	Age
Ongoing	T/Th	10am-11am	50+

Drop-In: \$3/Free for CRC Members



WII BOWLING

Calling all bowlers (and wannabe bowlers)! This video game is so realistic you'll think you're at the bowling alley. Come and enjoy an afternoon of bowling with our large screen and great sound system. It's easy to learn and no prior experience is necessary. Your grandkids will be very impressed!

Location: Centennial Recreation Senior Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	W	12:45pm-3:30pm	50+

Drop-in: \$2

Adult 50+

Cards and Games

CARD GAMES

Drop in Card Games: Bridge, Pinochle, Rummy, 500, and others.
Location: Centennial Recreation Senior Center, Senior Lobby

Date	Day	Time	Age
Ongoing	M-F	1pm-3pm	50+
Drop-in: Free			

DUPLICATE BRIDGE

Join our large group of bridge players who pair up with a partner to play the challenging game of duplicate bridge.

Facilitator: Winston Stone

Location: Centennial Recreation Senior Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	M	6:30pm-10pm	All
Ongoing	Every 3rd Sunday	12pm-4pm	All
Drop-in: \$6.00			

BILLIARDS/PING-PONG

Interested in picking up a game of eight or nine ball or catching a quick game of ping-pong? Billiard and ping-pong tables available for open play during Senior Center hours.

Location: Centennial Recreation Senior Center, Senior Center Lobby

Date	Day	Time	Age
Ongoing	M-F	8am-3pm	50+

500 CARD GAME

Drop in for a fun game of one of America's oldest card games. No experience necessary. Just come, learn a new card game and have a great time!

Location: Centennial Recreation Senior Center, Senior Center Lobby

Date	Day	Time	Age
Ongoing	M-F	10:30am-12pm	50+
Drop In: Free			

BINGO

Come and meet new people while enjoying the fun game of BINGO!

Location: Centennial Recreation Senior Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	M/W	10:30am-11:15am	50+
Drop In: Free			

SCRABBLE

Boost your brain power with the challenge and fun of Scrabble!

Facilitator: Elaine Reimer

Location: Centennial Recreation Senior Center

Date	Day	Time	Age
Ongoing	W	10am-12pm	50+
Drop-in: Free			

Dancing

LINE DANCING

Have you always wanted to learn to Line Dance, but felt intimidated by the large class of those who seemed to already know what they were doing? If so, this is the class for you! Beginner and experienced dancers welcome!

Instructors: Lu Jenner

Location: Centennial Recreation Senior Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	T	1pm-2pm	50+
Drop-In: \$2			

MUSIC AND DANCING

Bring your dancing shoes and spend your morning dancing to your favorite songs!

Facilitator: Fred Schulze

Location: Centennial Recreation Senior Center, Senior Café

Date	Day	Time	Age
Ongoing	1st and 3rd Friday	11am-12pm	50+
Drop-In: Free			

Singing, Music and Entertainment

SING-A-LONG

Love to sing? Come and sing with us as we bring out the old favorites.

Facilitator: Denise Melroy

Location: Centennial Recreation Senior Center, Senior Café

Date	Day	Time	Age
Ongoing	2nd and 4th Thurs	11am-12pm	50+
Drop-In: Free			

KARAOKE

Channel your inner Divo or Diva! Grab the mic and sing along to a variety of pre-recorded music favorites, ranging from the 1930s to the 1980s!

Facilitator: CRC Staff or Volunteers

Location: Centennial Recreation Senior Center, Senior Café

Date	Day	Time	Age
Ongoing	3rd Thursday	10:45am-12pm	50+
Drop-In: Free			

MOVIE MATINEE

Spend a relaxing afternoon watching movies on a large movie screen. We'll even provide the popcorn and soda!

Location: Centennial Recreation Senior Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	1st and 3rd Friday	1pm-3pm	50+
Drop-In: \$2			

Adult 50+

Day Trips

Take a look at the great Day Trips being provided to South County Older Adults by Kanen Tours!

The San Francisco Academy of Sciences on January 24, 2012.

Join Kanen Tours for a fun and educational filled day at the newest and largest cultural attraction in San Francisco. The Academy is the only place on the planet that brings together a natural history museum, an aquarium, a planetarium and a 4-story rainforest, all under one living roof! Depart Morgan Hill at 8:30 am and return by 5:00 pm. Tour includes: roundtrip transportation, driver gratuity and Academy of Sciences admission. Price: \$78 per person. Contact the Senior Center front desk for more information.

McCovey's Restaurant and AT&T Park Behind the Scenes Tour on March 27, 2012.

Hop on board a deluxe motor coach that will take you to Walnut Creek for a hosted lunch at McCovey's Restaurant. The blockbuster architecture of this restaurant was designed in the spitting image of San Francisco's AT&T Park, right down to the "infield" and "outfield" tables that are dedicated to Willie McCovey's favorite athletes.

After lunch, take a drive to San Francisco for a private behind-the-scenes tour of AT&T Park, home of the San Francisco Giants. On your behind-the-scenes tour, you'll go places the players and coaches go: Giants' dugout, Visitor's clubhouse and even the field! Price: \$88 per person. Contact the Senior Center front desk for more information.

Photography Programs

PHOTOGRAPHY CLUB

Photographers of all levels of experience and skill are invited to club meetings. If you want to learn more about photography and meet other local photographers, please join us. We are a very social and friendly group that always welcomes guests and new members.

Facilitator: Susan Brazelton

Location: Centennial Recreation Senior Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	1st Wednesday	7pm-9pm	All

Drop-in: \$20 annual dues fee

INTRODUCTION TO DIGITAL PHOTOGRAPHY

A basic course designed to introduce you to the fundamentals of working with digital photography. Topics include selecting and using a digital camera; how to transfer photos from the camera to the computer; storing, organizing and viewing photos on the computer; simple picture editing; sharing photos by various media, including prints, slide shows and websites.

Instructor: Bill Frazer

Location: Centennial Recreation Senior Center, Computer Room

Activity #	Date	Day	Time	Age	Sessions
WV001	1/12-2/16	Th	1pm-3pm	50yrs+	6

Fee: Resident: \$30/CRC Member: \$25

Non-Resident: \$35/CRC Member: \$30

Computer Programs

50+ ADULT PUBLIC COMPUTERS

The Centennial Recreation Center provides a quiet room with access to state of the art computers and internet access. Membership is not required.

Location: Centennial Recreation Senior Center, Computer Room

Specified 50+ Adult Only Designated Hours:

Date	Day	Time	Age
Ongoing	M-F	8am-3pm	50+

Drop-in: Free

COMPUTER CO-PILOTS

Come and learn basic computer skills in our state of the art computer center. You don't need any computer skills, just a desire to learn and have fun! Topics include, but are not limited to: beginner computer introduction, keyboarding, learning to use the computer mouse, using the internet, emailing, information filing, the basics of Microsoft Word, the basics of Microsoft Excel and creating mailing labels.

Instructors: Leigh Donaldson and the Computer Co-Pilot Volunteers

Location: Centennial Recreation Senior Center, Computer Room

Date	Day	Time	Age
Ongoing	W	12pm-3pm	50+

Drop-in: Free



LEARN TO USE YOUR LAPTOP

Never used a laptop computer before or do you have a new laptop, but you're not sure how to use it to its full potential? Let our knowledgeable laptop computer volunteers help to get you started.

Instructor: Tony Razouk and the Computer Co-Pilot Volunteers

Location: Centennial Recreation Senior Center, Computer Room

Date	Day	Time	Age
Ongoing	W	12pm-3pm	50+

Drop-in: Free

Adult 50+

Special Services & Interests

AARP TAX PREPARATION

Need help filling out your tax returns? AARP volunteers who are certified by the IRS will assist with tax consultation and returns. Appointments are made only during tax season, February through April.

Location: Centennial Recreation Senior Center, Teen Center

Contact the Senior Center in advance to schedule an appointment and review appointment dates. Must be age 50+.

Free

CONCIERGE PHARMACY SERVICES

The Centennial Recreation Senior Center is partnering with HomeChoice Pharmacy to provide our senior community with high quality, accessible and affordable pharmacy services. HomeChoice specializes in pharmacy services for seniors, including medication and medical equipment. The Pharmacist meets individually with each client to ensure the best quality care and service. Pharmacy deliveries are made 6 days per week to the Centennial Recreation Senior Center or at home. Partial proceeds go directly back to the Senior Center to support programs and services. These services are available to individuals of all ages.

Meet one-on-one with the Pharmacist:

Date	Day	Time	Age
Ongoing	F	10:30am-1pm	All

For more information contact the Senior Center at 782-1284 or call the Pharmacist directly at (408)445-3315

DEMENTIA CAREGIVER SUPPORT GROUP

This group will provide a safe place for family members and friends of dementia patients to share feelings, concerns and information. This group is where you will find support and learn how other people cope with the symptoms and life changes caused by dementia, Alzheimer's disease and other related disorders.

Instructor: Tiffany Mikles, Dementia Care Coach

Location: Centennial Recreation Senior Center, Activity Room 2

Date	Day	Time	Age
Ongoing	1st Friday	2pm-3:30pm	All
Ongoing	3rd Tuesday	6pm-7:30pm	All

Drop-In: \$5

FREE HEARING SCREENING / HEARING AID CLEANING

You might be a little surprised to know that the typical person with hearing loss waits over five years to see a health care professional for an evaluation. Well now you can have your hearing checked conveniently and at no charge by a local licensed Hearing Instrument Specialist from Miracle Hearing Center. Appointments are held and scheduled at the Centennial Recreation Senior Center. Free otoscopic exams and hearing aid check-ups and cleaning can also be arranged.

Location: Centennial Recreation Senior Center, Activity Room 2

Date	Day	Time	Age
Ongoing	2nd Tuesday	10:30am-12pm	50+

HEALTH INSURANCE COUNSELING

Counselors will assist seniors and their families understand and evaluate the confusing array of insurance options. Counselors assist seniors with comparison charts, insurance plan benefits, cost and limitations, claim or benefit denials and other billing problems. The Council on Aging is not affiliated with any insurance company and offers unbiased information solely to aid seniors in making informed decisions about coverage.

Location: Centennial Recreation Senior Center, Activity Room 2

Date	Day	Time	Age
Ongoing	2nd & 4th Friday	9am-12pm	60+

Advance appointment required

Free

SENIOR ADULT LEGAL ASSISTANCE

Free legal assistance for Santa Clara County residents 60+ with problems pertaining to Social Security, Medicare, Medi-Cal, mobile homes, elder abuse and housing. Spanish speaking assistance available.

Location: Centennial Recreation Senior Center, Activity Room 1

Date	Day	Time	Age
Ongoing	2nd Wednesday	1pm-3:30pm	50+
Ongoing	3rd Thursday	1pm-3:30pm	50+

Advance appointment required

Free



Adult 50+



HAIRCUTS FOR SENIORS

Enjoy being pampered by professional hair stylists and walk away with a fresh new haircut? Cherisse's Hair Salon, voted best hair salon in Morgan Hill and Morgan Hill Chamber of Commerce "Business of the Year 2010", believes in giving back to the community and giving our seniors the latest and greatest in style techniques. Appointments are held and scheduled at the Senior Center.

Location: Centennial Recreation Senior Center

Date	Day	Time	Age
1/17	T	9:30am-11:30am	50+
3/20	T	9:30am-11:30am	50+
5/15	T	9:30am-11:30am	50+

By appointment only: \$5

BLOOD GLUCOSE AND CHOLESTEROL SCREENING

Facilitated by Sister Rachela of St. Louise Hospital. Call the Senior Center for dates.

Location: Centennial Recreation Senior Center

Date	Day	Time	Age
Ongoing	3rd Thursday of available months	10:15am-12:00 pm	50+

Drop-In: Free

BLOOD PRESSURE SCREENING

Facilitated by Donna Bell of Catholic Charities, Daybreak Respite Care Services

Location: Centennial Recreation Senior Center

Date	Day	Time	Age
Ongoing	Last Friday	10:45am-noon	50+

Drop-In: Free

COFFEE WITH THE MAYOR

You are invited to join Mayor Steve Tate for coffee and casual conversation. Have a question or thought that you would like to share with the Mayor? Come chat with him over a cup of coffee.

Date	Day	Time	Age
Ongoing	One Friday of each month	11:30am-12:30pm	50+

Drop-In: Free

FRIENDS OF THE MORGAN HILL SENIOR CENTER

Friends of the Morgan Hill Senior Center consists of a group of volunteers who are committed to raising funds to sustain, grow and develop Morgan Hill's Centennial Recreation Senior Center. Friends of the Morgan Hill Senior Center is part of the Morgan Hill Community Foundation, a tax-exempt 501c3 public charity focused on improving the quality of life in the greater Morgan Hill region. To learn more about the Friends or how you can volunteer to help raise funds for the Centennial Recreation Senior Center, visit www.fmhsc.org.

OUTREACH TRANSPORTATION

Provides transportation services to seniors 7 days per week. For those who wish to use Outreach to attend the Morgan Hill Senior Café, transportation is provided at no cost. Contact the Senior Center at 782-1284 to obtain an application.

INFORMATION AND REFERRAL

The Centennial Recreation Senior Center maintains a resource directory of services available to seniors in the South County and Santa Clara County. For more information regarding senior related services, contact the Senior Center at 782-1284.

VOLUNTEER OPPORTUNITIES

Volunteers are our greatest resource. We have many volunteer positions available at the Senior Center and within the larger community. Visit the Senior Center for a listing of available opportunities.

SENIOR CENTER CLASS PASS

Get the best bang for your buck! Purchase a class pass to pay for your drop in classes instead of paying each time you come. Senior Center class passes are available for sale at the Senior Center Front Desk. You will receive 11 \$2 punches, a value of \$22 value for just \$20.